

GC  
*Kama Sensations*



*Profile of Perfection*



# FORUM

## Morning Seduction

I was staying at my friend Raymond's house for the weekend, and was calmly reading the morning paper over my bowl of cereal when Raymond's sister, Crystal, sauntered in. At the time she was a self-styled psychic, studying cosmetology at the local junior college, where it was rumored she had slept with every single member of the staff. She can seduce just about any man with her large brown eyes, a luscious treat for any starving male. I had been fantasizing about fucking her for weeks. Raymond found my interest extremely amusing and encouraged me to make a play for her, and no time was better than the present.

Crystal gave me a coquettish smile, as she bent over to fix the strap on her pumps. Her long, wavy black hair fell to one side, caressing the contours of her most curvaceous body. Her loose silk top billowed outward when she moved, and her beautiful breasts, round and ripe as coconuts, nudged against the slick fabric. She gave a little shimmy that made her tits bounce and all I wanted to do was suckle on those globes.

Crystal knew I was watching her every move, so when she finished fiddling with the strap on her shoe, she decided to slide a hand up her nylons ever so slowly until her elegant fingers reached the garter belt. She snapped the elastic strip theatrically before lowering her leather miniskirt.

I took a few deep breaths and tried to read the paper. After all, I didn't want to appear too easy. Unfortunately, I spied a

Victoria's Secret ad and I imagined Crystal in one of those lacy see-through bras that always make my groin ache. That did it. All signs pointed to fucking that day.

As I put down the paper, Crystal gave me a slow sensual smile, and slid her tongue along her lips. Then she eased her hand between her breasts, over her stomach, and straight to her pussy, where she began moving her fingers back and forth. With that same smile she turned toward the refrigerator and opened the door, bending over as if reaching for something. Her round ripe ass stared me right in the face, and I realized she was going pantyless that day. As she reached into the fridge, I could see her pussy.

I could wait no longer. Feeling myself harden, I knew that soon I would be ready to rock her world. With a deep breath to steady myself, I went over to her and slid a hand between her legs. She was already wet and ready for me, I rubbed my hand back and forth over her twat, making her moan at every pass. When I shoved two fingers into her pussy she moaned even louder, and pushed herself against my hand.

I unzipped my jeans with one hand and cupped her breasts with the other. Her nipples stood out hard, like my cock. When I had my machinery at the ready I asked "Is this what you were hoping for?" I didn't wait for an answer





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Instead I thrust into her warm slick depths. She took in all eight inches of me, whimpering with pleasure as I filled her completely.

"That's *exactly* what I wanted." she purred. She went from warm to hot, guiding me, begging me, to move faster, screaming for me to thrust harder and fill her to the max. To steady herself, she gripped the sides of the refrigerator.

As her pleasure mounted, so did mine. Moaning, she pleaded with me to release her from the pressure, I felt the need to oblige, but restrained myself, controlling my own need, holding off until the point of greatest passion. As the waves of her orgasm washed over me, I couldn't stand it any longer. I blew a load like a small tornado inside of her. She screamed before giving a final moan, I thrust inside her a few more times for good measure, and waited a moment to catch my breath. Then I stepped away and zipped up my jeans. Crystal slowly stood up, her breath still coming in little pants.

I had just sat back down to choke down the soggy cereal in my breakfast bowl, (screwing always makes me hungry) when I heard the click of Crystal's

heels on the tile, I felt a need to look up. She gave me another smile, which started me breathing hard again. I could feel that familiar tightening in my groin, and her dark eyes followed my hand as it strayed to my cock.

"Want to bet I can make you come again?" she asked, I said nothing.

I didn't trust myself to speak as she straddled me—







Lana's Conventions



## ONLINE HUMOR

### RUBBER RHYMES

Cover your stump before you hump. Don't be silly, protect your willy.

You can't go wrong if you shield your dong.

If you think she's spunky, cover your monkey.

Wrap it in foil before checking her oil.

If you slip between her thighs, be sure to condomize.

What do you do if a blonde throws a pin at you?

Run fast—she's got a grenade in her mouth!

How can you tell when you get a fax from a blonde?

It has a stamp on it.

### BOOB EMOTICONS

Finally, something other than smiley faces.... >:-)

(o)(o) Perfect breasts

oo A cups

{ O } { O } D cups

( + ) ( + ) fake, silicone breasts

(OY0) Wonderbra breasts

( ~ ) ( ~ ) cold breasts

(Q)(Q) Pierced breast

\oAo/ Grandma's breasts

{{(\$>)}{(\$>)} big-nipple breasts

| o 11 o | android breasts

(-)(-) flat-against-the-shower-door breasts

### BLONDE BASHING

Why did the blonde stare at a can of frozen orange juice?

Because it said concentrate.

Did you hear about the two blondes frozen in their car at the drive-in?

They went to see CLOSED FOR the winter.

Why won't pharmacists hire blondes?

They keep breaking the prescription bottles in the typewriters.

Why don't blondes like making Kool-Aid?

Because they can't fit eight cups of water in the little packet

Why can't blondes dial 9-1-1?

Because they can't find the 11 on the phone.

Why do blondes always smile during lightning storms?

They think their picture is being taken.

What do you do if a blonde throws a pin at you?

Run fast—she's got a grenade in her mouth!

How can you tell when you get a fax from a blonde?

It has a stamp on it.







## *Married But Swingers*

I met Mark and his wife Sharon through a swinger's ad I'd placed in a local paper. Sharon liked me so much that she called in sick to work, so she could be with me. I showed her a few things she hadn't tried before, and was now eager to show Mark. When they invited me over for a session with both of them.

I already knew what the game plan was. I left it up to Sharon to give me my cue when to begin.

To start with, Sharon sucked Mark until he had a firm erection, then had him lie on his back. She straddled his waist and slowly sank her cunt down to engulf his hard-on. "Mmm, baby, you feel so big, but I think I can take some more," she said. "Joe, see if you can put your cock in my ass. I've always wanted to try two at once."

I did as she asked. Sure enough, there was room for both of us. Not only did Sharon's pussy massage Mark's prick as he slid in and out, but I too felt Mark's prick through her anal walls as I alternated my steady thrusts with his. It was so hot! We continued like that until we'd all come, then we cleaned up and switched positions.

Mark sat up at the head of the bed with Sharon lying between his legs so she could lick him clean. I got between her legs to eat Mark's come from her drenched pussy. Sharon has the wettest pussy of any woman I've known. Once I had all the come out of her that I could get, I slipped my cock into her pussy. I could never get

enough of her pussy. Now my head was right next to Sharon's, where she was sucking Mark. Sharon took turns sucking Mark's cock and French-kissing me. Then she concentrated on making Mark come, and sucked down Mark's hot sperm when he shot off in her mouth. This was Mark's second come of the day, and he was completely worn out, but Sharon and I still had energy to burn. She suggested that I keep up the good work.

Pretending that she hadn't had it from me just before, Sharon said. "Sucking off Mark has gotten me really horny. Would you like to put your cock in my ass again. Joe?"

We were soon going at it, just the way she wanted. This got Mark interested, so he walked around the bed to where he could get a better view. He started stroking his cock as he took in the sight of my prick going in and out of his wife's ass. Having used Sharon's really slippery pussy juice to lubricate both of us, my cock had no trouble sliding into her nether hole. I gripped her hips to give myself good leverage for pounding into her. From previous experience with Sharon, I knew she would want me to increase the force of my thrusts. Once I'd introduced Sharon to anal sex, she

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Cubations*



couldn't get enough and had my cock in her ass at least once a day. Which was fine by me I'll take all the ass I can get.

It came as a surprise to Mark, but the sight of my cock sliding in and out of Sharon's ass had given him an unexpected urge to come for the third time that day a record for him. He got up on the bed and stood over Sharon, placing his hard eight-inch cock at her eye level "Suck me off again, Sharon Seeing you get fucked in the ass has really gotten me horny, and it felt so good when you sucked me off the first time that I want you to do it again."

I was in seventh heaven I had my cock up the ass of a woman who really appreciated ass-fucking as she sucked her husband's prick. It was all I could ask for.

Sharon was the first to come this time. Still working on Mark's cock, she used her right hand to play with her clit. Even with her mouth full, her moans of pleasure filled the room. Mark and I were soon to follow as the squeezing of Sharon's ass muscles set off my own orgasm, while her increased sucking sent Mark over the edge as well. Mark's come filled Sharon's mouth, as my come shot into her butt. Mark lay on the bed as I pulled my cock from the embrace of Sharon's ass hole.

"Whew! You two are something else." I told the married couple "Anytime you want to have sex, just give me a call "I left them to relax and found my own way out.

### *Great Sex With My Ex*

My ex-girlfriend Andrea and I split amicably a few years ago, and remained in close contact through phone calls and

occasional letter writing. I went on to pursue my career, while she moved, married, and began working for her family's company.

During one phone conversation last year, she mentioned that she would be coming back to our hometown to attend a wedding, where she would serve as a bridesmaid. She said she would be making several trips in order to get her bridesmaid dress fitted, and attend rehearsals. We arranged to meet at a restaurant to catch up. When I saw her at the restaurant, I recognized her immediately, but was surprised at how much firmer and tighter her body looked. This made Andrea's already ample breasts seem even bigger. We talked for more than an hour, and then she had to leave for another rehearsal. I hated to see her go, and thought about her throughout the rest of the day.

A couple of days later, I got a call from Andrea. She said that the wedding and reception had just ended, and asked me if I wanted to come over to her hotel room and see her.

When we were together in the old days, I used to ask her over the phone at night what she was wearing and she would usually reply that she had nothing on. When I asked her this time I got the same response "Nothing" I wasted no time rushing over.





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When I knocked on her hotel-room door, she opened it halfway to reveal a dark bedroom. Andrea was standing there dressed in absolutely nothing but an alluring smile. I gave her a long wet kiss, then closed the door, making sure "the do not disturb" sign was hanging outside.

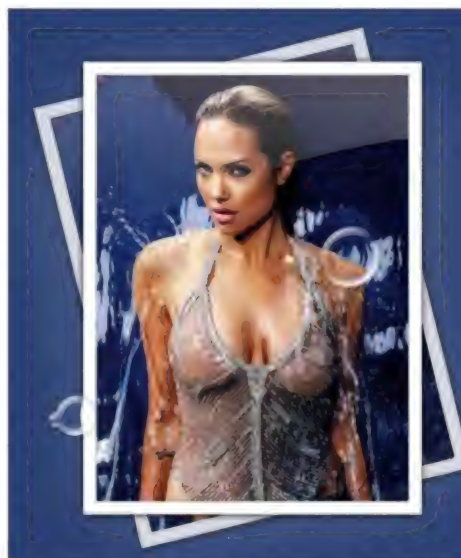
She scurried back to the bed, and climbed under the sheets. I undressed, grabbed my already hard cock, and started stroking it against her hot, moist pussy. We kissed long and hard, my tongue deep in her throat. Then I started sucking and kissing her big gorgeous tits. She guided the head of my cock into her cunt. I gave a long hard thrust, plunging my cock inside her up to the hilt. We then got into a nice, slow rhythm of kissing, stroking, and massaging each other. Soon we built up speed, Andrea started moaning. I could feel the come in my prick getting ready for release. We fucked harder and faster until, with a loud groan, I came. I shot a huge load into her pussy, then collapsed beside her exhausted. She cuddled up to me and we fell fast asleep.

I awoke a couple of hours later, to Andrea stroking my shaft with a big sexy smile on her face. She bent over, put her mouth over the head, and started sucking away. I shifted her backside over my head and we started to sixty-nine, my tongue probing deep into the folds of her cunt. This got us hot very quickly. She turned around to straddle me. Grabbing my cock, she slipped it inside her, and we both began thrusting. Andrea was pumping hard and fast, her tits bouncing away. She bent over to kiss me, then moved her tits over my mouth. She kept moaning, begging me to

give her all my come. I tightened the cheeks of my ass, clenched my teeth, and squeezed her ass. With a final hard thrust I came, my semen gushing into her pussy.

We both went right to sleep, and woke up late the next morning. When I asked her how the wedding had gone, she confessed that she'd worn nothing under her bridesmaid dress, which got her more attention than the bride. She claimed every guy at the party wanted to dance with her. I believed her, since Andrea was always an exhibitionist.

When I drove her to the airport, she started getting very horny again. Without removing her sweater, she took off her bra, then pulled off her panties. She started finger-fucking herself with one hand and massaging my cock with the other. I got so hot, I pulled off the freeway. We then rented a cheap motel room, and spent a few hours there doing nothing but sucking and fucking. We managed to make it to the airport in time for her flight. We keep in contact through letters and phone calls, but it doesn't compare at all to that hot time we shared, bringing back some fond memories.--





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## Girts' Night In

Once a month, on a Friday, some of us girls get together after work for drinks. I usually team up with Carla, whom I've worked with for the past three years. It is uncanny how much Carla looks like Nicole Kidman, right down to the red hair and milky white skin. Carla is a completely different girl after a few drinks. She really lets loose and is fun to be around.

On one particular Friday night, my husband was out of town on business for the weekend. Carla and I spent an hour or so over our drinks, talking about men and lack of sex. Six months earlier, Carla had ended a long relationship, and though I have a man, my sex life isn't anything to brag about.

Late in the evening, a couple of very attractive women walked past our table with their arms around each other. "Think they'll be tasting pussy tonight?" Carla asked me.

"It certainly looks that way doesn't it?" I replied.

"Have you ever tasted another girl?" "No," I said

"Well. I haven't either, but I've always wondered what it would be like "I'd be lying if I said I wasn't a little bit curious myself." I said "Does that mean you're available tonight?" she asked I laughed and thought she was joking around, but quickly realized she wasn't, when she whispered in my ear, I'll bet you taste absolutely delicious "

I felt my face blush as I pulled back and looked straight into Carla's eyes. I was shocked, to say the least, yet at the same time I felt an incredible surge of excitement rushing between my legs.

"Carla. I think you've had too much to drink," I murmured.

"Not at all." she said "So *are* you available tonight?" Afraid that one of the other women might hear us, I made Carla follow me to the restroom. There, I asked Carla if she were serious. "Yes, I am serious enough to want it to happen with you, if you want it to happen," she said. I couldn't believe my ears when I heard myself telling Carla that I wanted her too.

We left the bar immediately, and I followed Carla in my car to her place. We were obviously nervous. We stood in her bedroom, our fingers fumbling with the buttons of our blouses. As each

article of clothing came off we took in each other's naked body. Then Carla knelt in front of me and cupped the cheeks of my ass in her hands. She pressed her nose to my pussy and inhaled my scent "Mmm ... you smell delicious" she said I lay down on the bed and Carla crawled between my legs. My whole body trembled with excitement. I felt her take my swollen clit between her finger tips, and I let out a soft moan of pleasure. She played with my clit perfectly, licked it sucked it into her mouth. My moans of pleasure turned to cries of joy as Carla worked on my stiff little erection. "Oh. yeah! Suck it. Carla. Suck my clit."

She sucked on my clit until I couldn't stand it any longer I reached down, grasped her head in my hands, pulled her face hard to my pussy, and cried out, "Eat me. Carla' Eat my pussy" Carla ate my pussy as wonderfully as it has ever been eaten She slipped her tongue inside and tongue-fucked me. 'Deeper Tongue me deeper. Carla! Make me come on your tongue" I cried. The bedroom rang out with my joy as I exploded into orgasm, coming with force onto Carla's wonderfully talented tongue. I pulled Carla up so that she was lying on top of me. I placed her mouth to mine and tasted myself upon her lips. We kissed passionately Carla whispered. "I was right, you taste heavenly." Sliding down beneath her, I pulled her juicy pussy to my mouth. It was the first time I'd ever tasted another woman, and it was absolutely luscious. I hungrily ate Carla's pussy until she coated my mouth with juices of sheer delight.

We clung to each other, kissed passionately and finger-fucked each other to another glorious orgasm. Then she and I embraced in the most exciting sixty-nine of our lives We made love over and over late into the night, and continued our love fest throughout the weekend A new and exciting friendship was born that night, and Caria and I hope it will never end —





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# DR. X

## No Outcome

*I have been a fan of yours for many years Dr.X and I hope you can help me. I recently began sleeping with a dear male friend. He's 53 and has been a widower almost two years. His wife and child were killed in an accident. He is a very sexual and open-minded person, but he has trouble keeping an erection. It's no big deal. We always work around it, and I'm always able to get him hard again if I need to.*

*The problem is that he cannot ejaculate, and that's what's troubling me. I don't express my concerns to him of course, but I want to please him. He says it has been that way for some time, and he attributes it to age(I certainly didn't ask if it was like this with his wife and I don't think it matters). I have had him incredibly turned on and I know I'm doing the right stuff. A few times I have even heard him mutter to himself "Just let go."*

*Any hints on what I could do differently to make this wonderful man explode like I know he would love to.*

We have such a weird attitude toward sex in this country, although it is perfectly normal for a

woman to consult her gynecologist regularly on the subject of sexual dysfunction, there is no branch of the medical profession that serves the same purpose for men. In fact, thanks to the cult of machismo prevalent in the western world, if not everywhere else, it is difficult for a man to admit there is ever anything wrong with his sexual equipment. As I constantly reiterate, I am not a doctor (although my father was), so in the instance of what may very well be a medical problem, I can only recommend a visit to a doctor, especially as shortage of semen might be an indication of trouble in the prostate gland. In your boyfriend's case, I suspect the problem may be at least partly psychological, although it could have started with a physical disability. Even after two years he may still be concerned that he is being unfaithful to his dead wife, or he may be subconsciously afraid of getting you pregnant. Nature's built-in body clock varies enormously from person to person, but 53 years young is a bit premature for symptoms of old age to have settled in, unless the individual has set his mind on being old. Talking to oneself is a possible sign of the onset of senility. On the other hand, he may

be talking to his penis—something some younger lovers of mine have been known to do.

When he says it's been that way for some time, he doesn't qualify *it* with a specific period. Does he mean that he has not been able to ejaculate for years, or since his wife died or since he met you?

You are right not to tell him that his non-ejaculation troubles you, but you should not be afraid of discussing it with him, because that is the only way you are going to get any results. Persuade him to masturbate in your presence—with you helping him—but if that doesn't work, try to get him to see a doctor.

Viagra could very well do the trick of bringing on ejaculation, as well as solve the erection problem, but, again, it should be prescribed by a doctor after a proper checkup, as Viagra has been known to have unfortunate side effects on some patients, especially those with heart conditions. If you live in the right area, maybe you could get a doctor to prescribe to your beau legal marijuana, which could be effective. Alcohol in small quantities might also help (Wine probably has more aphrodisiacal qualities than hard liquor.)



A woman with voluminous, curly, light-brown hair is posing on a light-colored wooden floor. She is wearing a black, sleeveless, form-fitting bodysuit with a side cutout and black leggings. She is sitting on the floor, leaning back on her right arm, and looking directly at the camera. The lighting is warm and directional, coming from the upper left, casting long shadows across the floor. The background is a blurred wooden floor.

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# RIMES

There once was a man, I've  
heard, with a cock whose  
length was absurd.

He was understandably proud  
to be thus endowed  
and by most women, largely  
preferred.

Buxom young beauty named  
Beth  
could take away any man's  
breath.

She'd climb up on top  
and just never stop

The batter was boiling and  
bitter and yelled at the pitcher.  
"Consider If you throw that  
ball and hit me at all.

I'm shoving this shaft up your  
shitter."

While Titian was mixing red  
matter  
his model ascended a ladder  
To Titian her position  
suggested coition.

so he climbed up the ladder  
and had her.





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Deep-throating him (using an anesthetic throat spray to overcome your gag reaction if you have one) is another alternative, although oral sex however perfectly performed, does not always work on men.

## UNREQUITED

*I was in love with a girl for six years. She recently walked out on me without giving me a reason. After trying to get her back for a few months, I still can't get her to explain why she left me. I tried making her jealous. She got mad and told me she was seeing someone new. It's hard to believe, because she is very shy and not fast at all. We didn't have a fight before she left and I wasn't seeing anyone else, neither was she. In fact, we had already set a wedding date, and everything in our relationship seemed normal until I got her call. She even refused to see me one last time. How can I find out what*

*happened? Do you think there is a chance I can win her back? If not, how do I cope with this breakup after loving her for six years with all my heart. Please help me. No one around me wants to hear anything more about her, but I can't sleep and I haven't the heart to begin seeing someone new –*

Tennyson wrote. "Tis better to have loved and lost / then never to have loved at all " Whatever you do, you cannot go back to a failed relationship.

She is shy, you say which is probably why it lasted so long; she was too shy to break up sooner, although she knew it wasn't right. Women do know this, although they sometimes go ahead and get married until something better turns up. Which in your case would have been much worse, although at the moment you don't think so.

I don't know how many times a guy I have doted on and adored just walked out on me. One of them even stole my computer and car— which was actually better because I got so mad that my anger eased the pain. If it is any consolation to you, there is no cure for your suffering, so the best therapy is simply to revel in it. Make your friends lives hell by going on and on about how unhappy you are. Get drunk and behave badly in public places, If you do this enthusiastically enough, you might even end up spending the night in jail so you can really suffer. Make sure you have a marker on you If it's not taken away from you. You can do graffiti on the walls of your dungeon writing your ex's name along with something like "Look what you have done to me" — which will probably increase the fine, or whatever penalty is imposed





Kamara's



I recommend watching the movie *Addicted to Love*, starring Matthew Broderick and Meg Ryan. Jilted lover Broderick follows his ex-girlfriend to New York City, where he settles in an abandoned building across the street from her apartment so he can watch her and her new lover, who is French. There he is joined by Meg Ryan, the Frenchman's ex-girlfriend, whose agenda is even more extreme. She wants revenge. It is black humor at its best, but I do not recommend that you emulate Meg Ryan's behavior, which is a terrifying illustration of "Hell hath no fury like a woman scorned" In that she completely destroys her poor ex. One morning after you have lost all your friends and your job is on the line, you will wake up and find that you are cured. This is the moment to do some serious skirt chasing. Hunt for another girlfriend, and don't settle for anything but the best. She must be

gorgeous, intelligent, and brilliant in bed. One of the problems you had with your ex was that she didn't fight, so find someone who stands up for herself and tells you what's wrong with you. That is the kind of relationship that stands a much better chance of enduring the test of time.

### **The STD Factor**

*I am 21 years old and have been married two years. My husband works in another county, and I'm often alone. I started seeing another man, and as I don't trust just the pill alone, we used condoms. For a time, my lover didn't like to use condoms, so I got fitted for a diaphragm. We had good sex. Then he started avoiding me. I then had sex with another man. A few days later I found out that I had a sexually transmitted disease. The disease is curable. My problem is: How can I ever trust a man again? If my husband finds out, will he ever trust me again? The man that passed the disease to me*

*must have known he was infected. Should I come clean with my husband and take the consequences?—*

One of the tragic aspects of our hypocritical society is that the moral majority looks upon sexually transmitted diseases as a kind of divine punishment for promiscuity. To be infected with gonorrhea, or even crabs, is regarded as so shameful that hardly anyone dares talk about it. Hence the reluctance of your now ex-lover to admit that he had a dose.

Embarrassment probably caused him to delay going to the doctor, and could be the reason he infected you. He was not prepared to own up even to himself, that he was "unclean ."

You ask, 'How can I ever trust another man?' Give your ex-lover the benefit of the doubt. When he passed on to you whatever STD he had contracted, he





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may not have known he was infected. When he found out, he did not have the balls to tell you, so he avoided you, which is not very nice—but unwittingly you might have done the same by passing on the infection before you realized you had it. Thank your lucky stars that what you caught was curable, but it goes to show the importance of always using a condom for casual sex. The guy's misdemeanor was not so much that he was still fucking around while he had established a semi permanent relationship with you, but that he was fucking around without using a condom.

The answer to your question is that, in a society where sex is synonymous with sin, you cannot trust anyone, but also, now that women have almost achieved equality with the male sex, we have equal responsibility not to get taken for suckers. The basis of the original confidence man's spiel is for him to persuade you to trust him.

So your motto could be “No trust, no tears!” But maybe a better one is that of the Boy Scouts, the perfect rule for a fun-loving girl to follow “Be prepared.”

## Fear of Trying

*I am happily married to a loving and creative man. He fulfills my fantasies and inspires me with his. We are apart quite often because of his work. I guess this adds to our frequent rounds of great sex. I have only one problem, and I do not know*

*how to overcome it, I have told my husband about it, but no one else— that is, until now.*

*I had my first steady boyfriend when I was 18, still a virgin, and quite naïve. I'd been out with him only a few times when he told me he wanted to become engaged. I thought that was great, though I was unsure of my feelings for him. I hesitantly agreed, and we went out to celebrate. After dinner he took me to a parking spot not far from the city. I wasn't ready for sex and told him so. He did not push me and said we would just make out. Things progressed rapidly, and I found myself with my head between his legs as he put his cock up to my mouth and pushed my head down. He kept yelling at me to open up. and threatened me until I did. Once he was finished he took me home. I refused to see him after that, and finally left town.*

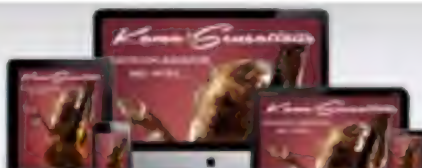
*This is very difficult for me to relate, but I want to be able to do for my husband what I haven't been able to do in other relationships because of that earlier disastrous experience. I want to learn how to take him in my mouth and give him the same pleasure he gives me and to allow him to come in my mouth without my gagging. I am a little embarrassed, but I am sincere. Can you help me--*

There is no doubt that what you experienced is classifiable as rape (defined as forced penetration of any bodily orifice without consent), and one of the most unfortunate after-effects of rape is

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a feeling of humiliation on the part of the victim. It would have served the brute right if you had bitten off his cock, except that the resulting publicity would probably have made things even worse for you.

But fear not. As you and your husband enjoy "frequent rounds of great sex." you are obviously not suffering any great trauma except on the oral front. The first aspect of oral sex is the kiss. On occasion, however, the masculine mouth—accompanied by a chin, bristling with two days growth of beard, with beer and tobacco-laden breath like a blast from the sewer as he thrusts a furry, bad-tasting tongue down your throat—can also be horrifying, particularly when the male chauvinist in question thinks he is doing you a favor. I have said before that the only way to become a world-class cocksucker is to love and adore the male organ; so if you have any residual fear of it you must invent a method of overcoming that fear. There are two kinds of fellatio. One is where your man fucks your mouth, thrusting in and out, while you try to control his penis with your hand so you

don't choke to death, I enjoy this, but it is too risky for you to start with. The other kind is where the man lies still and you lick and suck as little or as much of his cock as you feel inclined to. Which is the method I recommend for beginners. Good sex is 99 percent mutual understanding, so you must enlist your husband's cooperation. Tell him about your unfortunate experience without too many unnecessary details, and persuade him to lie down and keep absolutely still while you make love to him. Try not to get him too excited, because it is fun to start off with a soft penis. Start by caressing it with your hand, giving it the occasional lick until it gets hard. When you feel you are ready, and only then, you can encircle the head of his cock with your lips. Then, gently moving your head back and forth, you can allow the head of his penis to press against the roof of your mouth as you also caress it with your tongue. Don't worry if you're unsuccessful in bringing him to orgasm the first few times; the two of you together have to learn what you both like best.





*Kama Sensations*



# JOKES

Jones says to his buddy, Thursday I caught my wife in our bed with the meter reader, Friday I caught her with a salesman on the living-room couch, Saturday the paper boy was banging her on the dining-room table, What should I do?" His friend says. "Call Goodwill and have them come get all the furniture"

**Reynolds has laryngitis. He goes to the doctor's house and knocks on the door. The doctor's wife answers. Reynolds whispers, "Is the doctor home?"**

**The doc's wife whispers back, "No. Come on in."**

Iacovelli gets married. For a wedding gift. his father gives him \$10,000 and a gun. Iacovelli says. "Jeez. Pop. what's the gun for?"

His father says. "One day you gonna find out " Two months after the wedding, Iacovelli is coming home from work and passes a pawnshop. In the window he sees a beautiful gold watch, and trades in the gun for the watch. He goes to his folks house to tell his father about the deal he made, and show him the watch. The old man grabs him by the ear and says. "Oh yeah, that is a great' That'sa just a great' Some day you gonna come home and finda you wife. She's in bed witha somebody, some son-of-a-bitch. What you gonna do, Looka you watch and tell him Ey! Your times up."

**A girl walks into a doctor's office. She says, "Doc, I need some contradiction."**

**The doctor says, "You're ignorant." She says, "Yep. Three months."**

Henry's wife goes to buy a new car. The salesman says "I recommend this one" She asks "why"

The salesman says. "Because it has hydraulic backspin brakes. Get In and I'll show you." He drives the car 100 miles an hour toward a brick wall, and when he's 100 feet away he jams on the brakes. They stop a foot from the wall. The salesman says "Do you smell that?"

She takes a sniff and says. "Uh-huh "

The salesman says proudly, "That's hydraulic backspin brakes,"

When Henry gets home that night she says. 'Dear, I bought a car'

He says "How did you decide which kind to buy?"

She says "I bought one with hydraulic backspin brakes Get in and I'll show you"

They get in and she drives 100 miles an hour toward the same brick wall. When they're 100 feet away from it she jams on the brakes, and they stop one foot from the wall. She looks over at her husband and says. 'Do you smell that?' Henry says. " I ought to! I'm sitting on it "

**It's the morning after, and Janet says to Bill, "Was I any good?" Bill says, "Were you any good? I haven't been this sore since I was circumcised."**

An Italian guy, a Jewish guy and a Polish guy are talking about their daughters.

The Italian guy says, "I was cleaning my daughters room the other day and I found a pack of cigarettes, and I didn't even know she smoked"

The Jewish guy says, "That's nothing, I was cleaning my daughter's room the other day and I found a full bottle of vodka, and I didn't even know she drank.

The Polish guy says. "That's nothing I was cleaning my daughter's room the other day, and I found a box of condoms, and I didn't even know she had a cock."





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## MALE Health and Fitness

### Mind and Muscle Power

# THE INVISIBLE DIET

There isn't a guy alive who couldn't stand to lose ten pounds, but dieting is right up there with quilting, watching *oprah*, and wearing anything pink, on the unwritten yet clearly defined list of emasculating things men never do around one another. That's why it takes a little cunning and a few inconspicuous tricks to watch what you eat when your buddies are watching your every move.

There are ways to secretly strip calories from your diet without making any major sacrifices in your eating habits or clueing your friends or colleagues in to what you're doing." says Dr. X . By adjusting the habits you already have, you can lessen the caloric blow that comes with them.

We found ten subtle changes you can make to your daily eating agenda starting today. Each recommendation is capable of eliminating at least 3,500 calories (that's one pound of fat) in just one month. Master all ten dietary changes and you can be ten pounds lighter by the time you pick up next month's *Kama sensations*.

#### MORNING

##### **No. 1: curb your coffee fix.**

Skip your second and third cups of coffee with milk and sugar and exchange them for two hot cups of ginger tea instead. This may not give you the same jolt of caffeine needed to tolerate that little thing called morning sunlight, but, drinking anything warm after that first cup of coffee can fool your body into believing things are business-as-usual without adding a single calorie.

**No. 2:** check the color of your bread. Switch your white bagel or toast (made from white processed flour) and opt for whole grain instead "whole- grain breads are rich in excess fiber,' says X. All that extra roughage can make your stomach feel just as full from one serving as it would from two servings of processed bread " *trimmed: 200 calories.*

**No. 3:** forget about being all- natural. Turn your back on the granola, Grape nuts, and every other natural, calorie-dense breakfast cereal you've seen hawked on television. Bowl up instead with Complete Bran Flakes, All Bran, cheerios *or* Total. "These brands are equal in fiber but lower in calories, leaving you feeling just as full while helping to shave at least 100 calories from your diet." says X. *trimmed 120 calories per bowl*







## NOON

### **No. 4: try shaving cheese onto your sandwich instead of using slices.**

An ounce and a half (three tablespoons) shredded can cover the same area as three ounces of sliced cheese, cutting your calories in half. Another useful tip "The stronger and sharper the cheese, the less you will need to add flavor." Says X.

*Trimmed: 150 calories.*

### **NO. 5: COUNT HOW MANY LEGS YOUR MEAL ONCE HAD.**

When it comes to meat, the fewer appendages the animal had when it was alive, the less fat it has while it's dead on your plate. Always go with fish first, then poultry. If you simply have to have pork, beef, or whatever once-hoofed animal is on the menu, opt for the leaner cuts, like the loin and round.

"Trim as much visible fat as you can without looking like an off-duty plastic surgeon and you can cut a few extra hundred calories without having to sacrifice any of the taste." says X.

*Trimmed: 200 to 350 calories.*

### **NO. 6: PUT AWAY ALL THE WATER YOU CAN.**

'Staying hydrated not only lets your body work more effectively at burning calories for energy, it also leaves little room in your stomach for it to even think about food, says X. Try to drink at least eight to ten glasses of water a day (instead of soda, juice, or other high-calorie

beverage) any time you're thirsty. 'And add plenty of ice," says X 'Drinking ice-cold water also helps burn a few extra calories, since the colder the beverage is, the more energy your body has to use to heat it to body temperature.

*Trimmed: 50 to 200 calories per drink.*

## NIGHT

### **NO. 7: NEVER EAT THE BREAD BEFORE YOUR MEAL ARRIVES.**

The average guy typically eats three slices of bread before his meal comes. Since bread is a processed carbohydrate rich in sugar, your body releases insulin to aid in the digestion process. 'Your body interprets that insulin surge as a warning to store any extra calories as fat.' says X. Skipping the free dough can prevent that message from ever reaching your fat cells.

*Trimmed: 200 to 250 calories.*

### **NO. 8: HAVE MORE TO EAT TO EAT LESS**

Having a salad (without the fat-tening dressing) or a light soup (like a broth Dr. consommé) before a meal may sound like extra calories you don't need. However, a Penn State study reveals that eating a low-fat, low-carbohydrate dish (filled with vegetables and other foods rich in water and fiber) before a main course can reduce the total number of calories you consume during the entire repast by 16 percent. Even if you usually throw back the chow like John Goodman at an all-you-can-eat \$5 95 buffet.

*Trimmed: 300 to 400 calories.*





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**NO. 9: EAT SOME CARROTS  
WITH YOUR COUSCOUS.**

You can eat as much starchy food as you want, so long as you're downing as much healthy food as the bad stuff. But that doesn't mean you have to whip out a bunch of stupid color-coded cards with Richard Simmons's face on them to figure out how much you should eat (In fact, never use the words *whip out* and *Richard Simmons* in the same sentence Ever ). Just have one forkful of vegetables for every forkful of starchy food (potato, rice, or pasta) you eat. This extra shot of fiber will also help increase how fast your meal works its way through your system," says X. The faster you can push your food through your system, the fewer calories it'll have time to absorb. *Trimmed 250 to 300 calories.*

AFTER HOURS

**NO. 10: ALWAYS ASK FOR A  
WATER CHASER.**

It doesn't matter how much Rocky Mountain water your beer was filtered with—it's still highly glycemic. What that means is that your body immediately has to raise its insulin levels to break down all those yummy malts, hops, and sugars floating in your system, a chemical release that tells the body to start storing as fat any calories it can find. The next time your bottle is half-empty, ask the bartender for an equal amount of water (typically 12 ounces, unless you and your buddies are drinking forties, in that case, stop hanging out with Robert Downey Jr. after work). When you finish your beer, have another water while you wait for the bartender to crack open your next brew. The excess water will help flush away sodium, allowing beer a faster journey in and out of the body so its calories have less time to be absorbed.

*Trimmed: 300 to 400 calories —*

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# Male, Health & Fitness

Not working on the muscles behind you, may explain why you're not seeing enough tail in front of you. That's because most women secretly size up men's asses like open-market real estate. Women admire a well-contoured derriere not only for its aesthetics, but for its potential seeing it as a sign of how well a man can use that other muscle in front.

As it happens, the ladies aren't far off. You can't develop rock-hard glutes without simultaneously strengthening the muscles that surround them,' says William, a celebrity trainer for Paramount Pictures Studio Fitness Center in Hollywood, California. That includes the lower back, upper thighs, and hip flexors, three muscle groups that decide whether you can sexually go the distance, or end up spent and aching after a few sorry seconds in the sheets. In other words, build yourself a better ass and you'll not only attract the opposite sex, you'll stand a better chance of pleasing one of the same when her's is high

in the air. (Let's see a bicep do that)

Let's be honest. Some of the better moves for building a rock-hard rump are just too discomposing for any grown man to dare attempt in a public place. That's why it's smart to choose exercises that don't make *you* look like an ass.

The first routine is perfectly disguised as a power-building workout, using leg- and back-strengthening exercises to inconspicuously tone your butt. "To anyone else, it'll simply look like another leg-and-back workout, making it ideal for the guy who's not wanting to draw attention to himself." Says Thompson. The second approach is a mix of some of the best butt-trimming exercises around, including the Butt Burner" which Thompson created and has used on clients for years. These exercises are a faster ticket to a better butt, but they aren't for the self-conscious." says Thompson. Which is why you may want to do them in the privacy of your own home. Either

way, your ass is covered. For best results, do either workout at least once a week, but no more than twice a week. Run through three sets of each exercise before moving on to the next one.

## THE "THEY'LL NEVER SUSPECT" WORKOUT

**Deadlifts.** Stand straight, a light barbell on the floor in front of you. With your feet shoulder-width apart (the bar should be directly over your toes). Bend your knees and grasp the bar with an alternating grip (one palm facing in the other facing out), your hands shoulder-width apart. Look forward, back straight, and slowly stand up keeping the bar close to your body as you lift until your legs are straight (knees unlocked) Pause, then slowly lower the bar to the floor. Do 12 to 15 repetitions.





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**Dumbbell Lunges:** Stand with a light dumbbell in each hand, arms hanging at your sides, feet about six inches apart. Keeping your back straight, step forward with your right foot and lean forward until your right thigh is almost parallel to the floor. Gently push yourself back to the starting position and repeat the move, this time stepping out with your left foot. Do a total of eight to 12 repetitions for each leg.

**Hyperextensions:** This lower- back exercise requires a hyperextension bench, found at most gyms. Such a bench has a wide horizontal pad in front, a thin ankle pad in back, and a handle on each side. Step between those pads hold onto the handles for support, and lean forward so that your thighs rest on the wide pad and your legs tuck underneath the ankle pads. Lock your hands behind your head and bend forward at the waist until your upper body is almost perpendicular to the floor. This is the starting position. Now slowly raise your torso until it's slightly higher than parallel with the floor. Return to the starting position and repeat as many times as you can.

## THE "WHEN NOBODY'S WATCHING" WORKOUT

**Butt Burners:** Get on the ground on all fours, facing the floor, with your hands and knees shoulder- width apart. Keeping yourself balanced, slowly extend your left leg out behind you, angling it slightly to the left. The leg should be straight, with just your toes touching the floor. This is the starting position. Slowly raise your left leg up and over your right leg, then drop it

down until your left foot touches the ground just outside your right foot (If someone were standing behind you. it would look like you were drawing an upside-down V with your foot.) Reverse the movement until your left foot is back in the starting position. Do 20 to 30 repetitions with each leg.

**Lying Bridge:** Lie on your back with your knees bent at a 90-degree angle, heels resting on the edge of a couch. Lay your arms out from your sides, palms down for balance. Press down through your heels as you slowly raise your butt, waist, then upper back off the floor "Continue raising your pelvis upwards until you can form a straight line from your knees to your shoulders." Says Thompson Hold this position for two seconds, then slowly return to the starting position, keeping your bun elevated an inch above the floor. Do 20 to 30 repetitions.

**Walking Lunges:** Stand straight, with your feet shoulder-width apart, and hold a light dumbbell in each hand. Step out with your left foot, swinging it a few feet in front and to the left. Place your weight on your left leg, bending the knee slightly, then step forward with your right leg (again, swinging your foot forward and out. this time to the right) Keep your head and shoulders facing forward as you do so. Avoiding the temptation to twist toward the side you're leaning into. Continue walking forward, turning around and going the other way whenever you run out of room, for a total of 15 to 20 repetitions for each leg —*Myatt Murphy*



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